TONY ROBBINS

ULTIMATE EDGE® Summary Cards

Dear friend,

Congratulations for taking action to transform the quality of your life! This 3-part program contains the best of what I've learned to help you achieve extraordinary results and experience amazing levels of personal fulfillment in the process.

Inner Strength: A 3-part deep dive to help you discover your "Personal Blueprint" – the root cause behind how you think, feel and behave.

Personal Power Classic: A 7-day recharge to help you gain a compelling vision for what you want.

Get the Edge: A 7-day roadmap to take charge of your mindset, health, relationships, finances – as well as uncover the true purpose of your life.

Use these Summary Cards to help reinforce key concepts, to inspire you and to help you follow through. Let's get started!

Live with Passion!

Tony Robbins

We can change our lives. We can do, have and be exactly what we wish.

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THE 3 PILLARS OF POWER

1. Clarify the results you want in your life.
2. Access an effective game plan – a proven map – to achieve those results.
3. Unblock anything that's in the way of you taking action by understanding your personal blueprint.

RESOURCES VS. RESOURCEFULNESS

The biggest illusion we have about why we can't achieve something is that we believe we lack the resources.

There also have likely been moments in your life where a lack of resources didn't stop you. You were determined, flexible or creative enough, and you found a way.

Resources are never the problem.

The real problem is a lack of resourcefulness.

THE ULTIMATE RESOURCE IS HUMAN EMOTION – TAPPING INTO THE PASSION AND DRIVE THAT EXPANDS YOUR THOUGHTS, FEELINGS AND ACTIONS.

2 MASTER LESSONS

The Science of Achievement: Tapping into the strategy and actions that will help you get from where you are to where you want to be.

The Art of Fulfillment: Experiencing tremendous joy in the process so you feel the excitement of the pursuit and the enthusiasm and gratitude for the little things along the way.

AN EXTRAORDINARY LIFE REQUIRES MASTERING TWO SKILLS: THE SCIENCE OF ACHIEVEMENT AND THE ART OF FULFILLMENT – THE CAPACITY TO TURN DREAMS INTO REALITY, BUT ALSO TO ENJOY THEM THOROUGHLY.

THE 3 DECISIONS

1. **What am I going to focus on?**
   Wherever focus goes, energy flows.

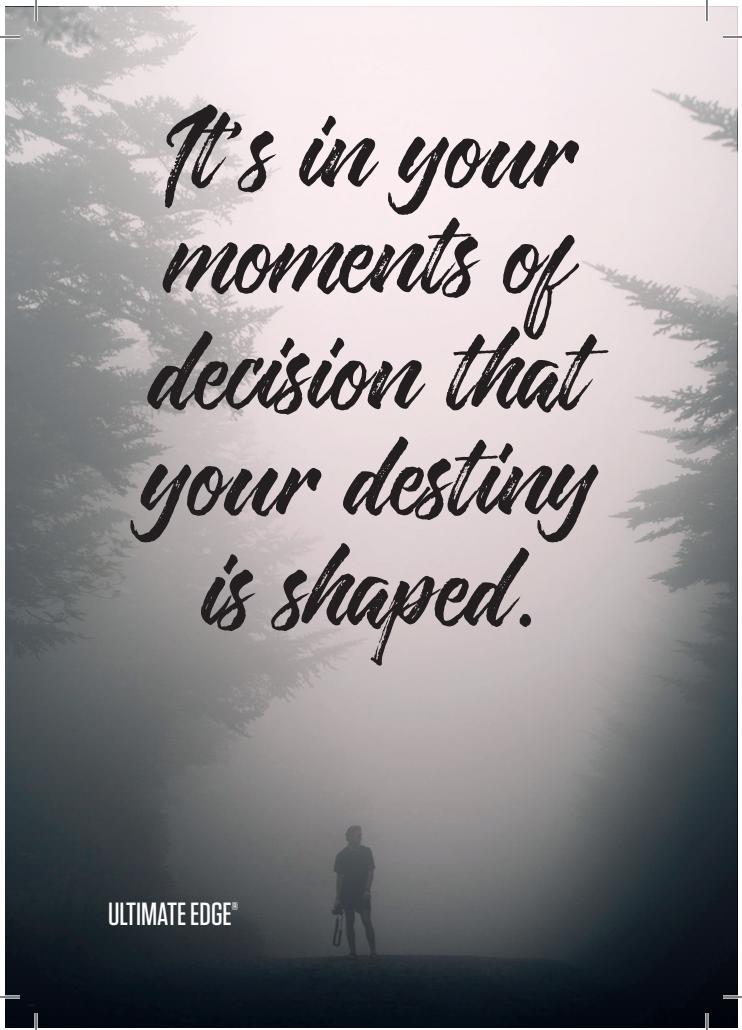
2. **What does this mean?**
   What you feel begins with what you focus on and the meaning you give it.

3. **What am I going to do?**
   Meaning powerfully affects what you're going to do.

PAIN PROVIDES 3 CHOICES

When we are unhappy, we have three choices to handle the challenge:

1. **Blame:**
   - events
   - others
   - yourself
2. **Change Your Life Conditions**
   If you feel like you're making progress in an area of your life, you'll start to build momentum and feel happier.
3. **Change Your Blueprint**
   Sometimes events happen that are out of your control. However, you *can* control your beliefs, rules and the meaning you create.


It's in your moments of decision that your destiny is shaped.
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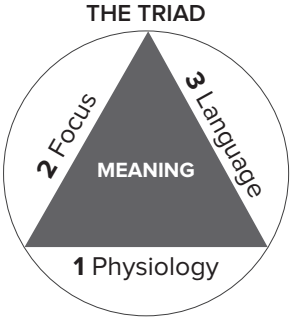
3 PATTERNS THAT CREATE EMOTION

Change any of these 3 patterns to change how you feel:

Physiology:
How you engage your body: your posture, breathing, tone of voice, movement, etc.

Focus & Beliefs:
What you focus on, you feel, whether it's true or not.



Language / Meaning: The words you use to describe your experience become your experience.

At last, at last, The past is past;
I've broken free and won. And
now it's time to love myself and
really have some fun.

Day by day I live my life with
happiness and harmony. I share
my gifts, my dreams, my heart,
and love has set me free.

I love my life. I am so blessed.

YOUR HOUR OF POWER

Train yourself to jump out of bed with no hesitation and start your day with this ritual:

Phase 1: (5 min) **Move & Breathe:** Walk to warm up and practice your breathing.

Phase 2: (10 min) **Get Grateful & Visualize:** Focus on what you want to create today.

Phase 3: (15-45 min) **Use Incantations & Exercise:** Engage your physiology to condition your mind.

BUILD THIS DAILY HABIT FOR EXTRAORDINARY HEALTH AND HAPPINESS.

Changing an organization, a company, a community – or a world – begins with the simple step of changing yourself.
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THE KEYS TO PERSONAL POWER

1. No matter what's happened in your past or how many times you've tried and failed, none of that matters because each moment is a new opportunity.

2. It's not what we *can* do in life that makes the difference. It's what we *will* do.

3. To save time and energy, use role models to accelerate the pace of your success.

4. Never leave the site of setting a goal or making a decision without taking some action toward its attainment.

The inspiration you seek is found within, waiting to be called upon by an unforeseen challenge or an inspired request.
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2 CONTROLLING FORCES

1. We will do far more to **avoid pain** than we will to **gain pleasure.**

2. To get what you want in life, you have to figure out what stops you. You must learn to control the motivating forces of pain and pleasure.

3. If you want to change your behavior, you must focus on:
   - **1)** How *not* changing your behavior will be more painful than changing it.
   - **2)** How *changing* it will bring you measurable and immediate pleasure.

3 STEPS TO LASTING CHANGE

1. Get leverage on yourself.
2. Interrupt your current pattern of association. Scramble the old pattern of thinking and feeling.
3. Condition a new, empowering association. Make a new choice and reinforce it until it is conditioned.

ANY THOUGHT, EMOTION OR BEHAVIOR THAT IS CONSISTENTLY REINFORCED WILL BECOME A HABIT (A CONDITIONED PATTERN).

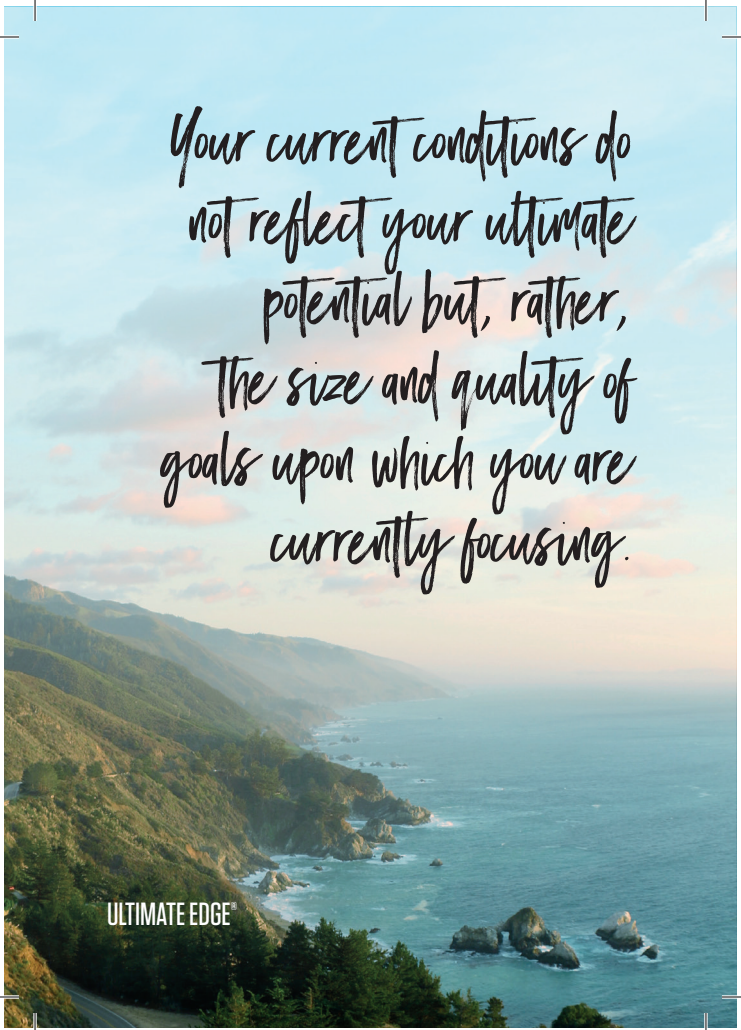
2 COMPONENTS OF COMPELLING GOALS

1. **Identify your goals:**
   What do you want?

   Something magical happens when you take generalized desires and start defining them more precisely.

2. **Identify your purpose:**
   Why do you want it? What will it give you?

   Reasons come first. Answers come second. When you have a big enough reason to accomplish something, you can figure out how to do it.


Your current conditions do not reflect your ultimate potential but, rather, the size and quality of goals upon which you are currently focusing.
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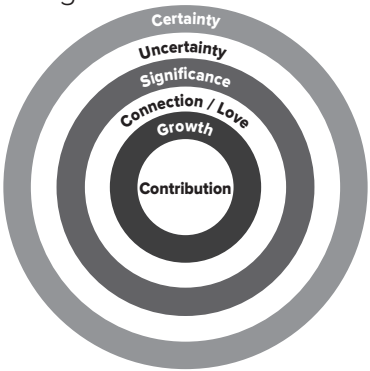
4 CLASSES OF EXPERIENCE

Class I	- It feels good. - It's good for you. - It's good for others. - It serves the greater good.
Class II	- It does *not* feel good. - It's good for you. - It's good for others. - It serves the greater good.
Class III	- It feels good. - It's *not* good for you. - It's *not* good for others. - It does *not* serve the greater good.
Class IV	- It does *not* feel good. - It's *not* good for you. - It's *not* good for others. - It does *not* serve the greater good.

WE MUST LEARN TO CONVERT CLASS II EXPERIENCES INTO CLASS I EXPERIENCES.

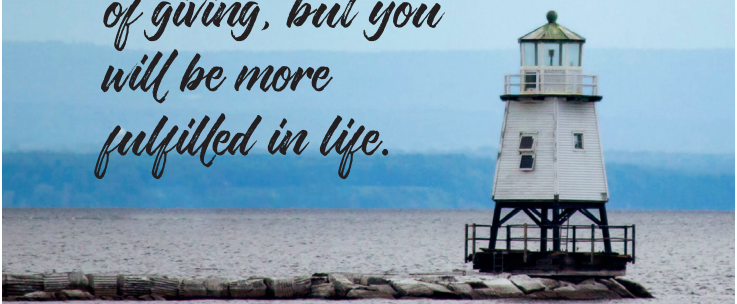
THE 6 HUMAN NEEDS

The 6 Human Needs are fundamental drives from within that propel us forward in a quest to experience a life of meaning.



PROBLEMS ARISE WHEN WE CHOOSE DESTRUCTIVE WAYS TO TRY TO MEET THESE NEEDS. INSTEAD, WE CAN CHOOSE NEW WAYS TO FULFILL OUR NEEDS THAT WILL EMPOWER US.

If our goals only serve ourselves, then achieving our goals will only make us happy for a moment. But if your mission is to serve others, then not only will you leave a legacy of giving, but you will be more fulfilled in life.



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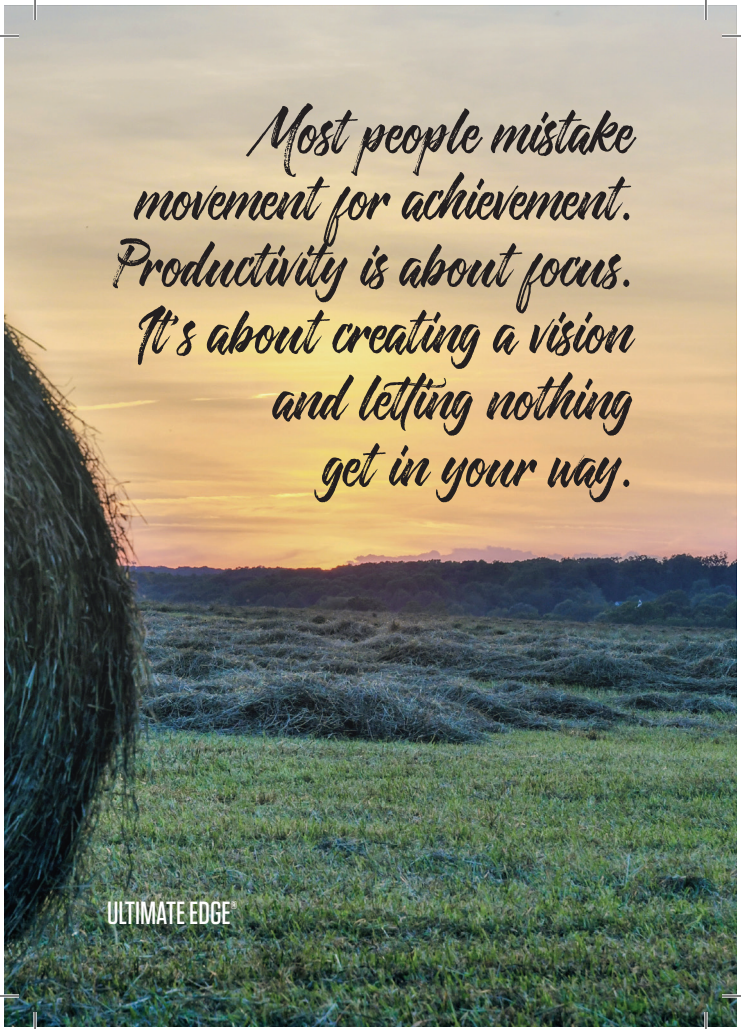
3 QUESTIONS OF RPM™

RPM is a simple system of *thinking* that helps you focus on what really matters to you instead of reacting to the demands of the moment.

Results: What do I really want? What's the specific **Result** I'm committed to achieving?

Purpose: Why do I really want to do this? What's my **Purpose**?

MAP: What specific actions must I take to make this happen? What's my **Massive Action Plan**?


Most people mistake
movement for achievement.
Productivity is about focus.
It's about creating a vision
and letting nothing
get in your way.
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THE PRESSURE COOKER

The reason most people don't change is that they get into a "Pressure Cooker."

1. Pain = Drive
A person hits their threshold and there's enough pressure to take action to change.

↓

2. Drive Turns to Action
As the person takes action to change, they make progress, reducing the intensity of the pain they were feeling.

↓

3. Actions Lead to Results
When the intensity of original problem is reduced. there's less motivation to continue to take action to change.

↓

4. Results Lead to Loss of Drive
The problem remains.

7 STEPS OF CONSCIOUS CHANGE

1. Get disturbed enough to want to change.
2. Make a real decision to change.
3. Create a Massive Action Plan.
4. Change your limiting beliefs.
5. Set yourself up to win.
6. Take massive action.
7. Tap into the 7th Power: Choose a peer group with a higher standard.

People's lives are a direct reflection of the expectations of their peer group.
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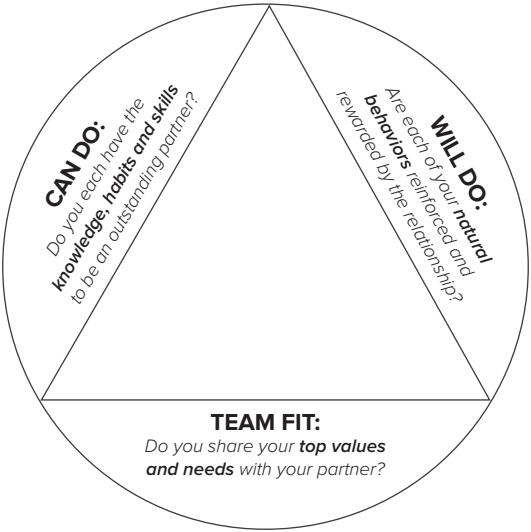
KEYS TO OUTSTANDING RELATIONSHIPS

1. Go to a relationship to give, not to get.
2. Keep your rules to a minimum. Upsets occur when you have too many ways to feel bad.
3. Help your partner meet his or her needs.
4. Understand the importance of awareness and acceptance. If you start to get "hooked," ask: *Am I responding to the present or the past? What else could this mean?*

RELATIONSHIPS MAGNIFY HUMAN EMOTION AND EXPERIENCE.

3 ELEMENTS OF SUCCESSFUL RELATIONSHIPS



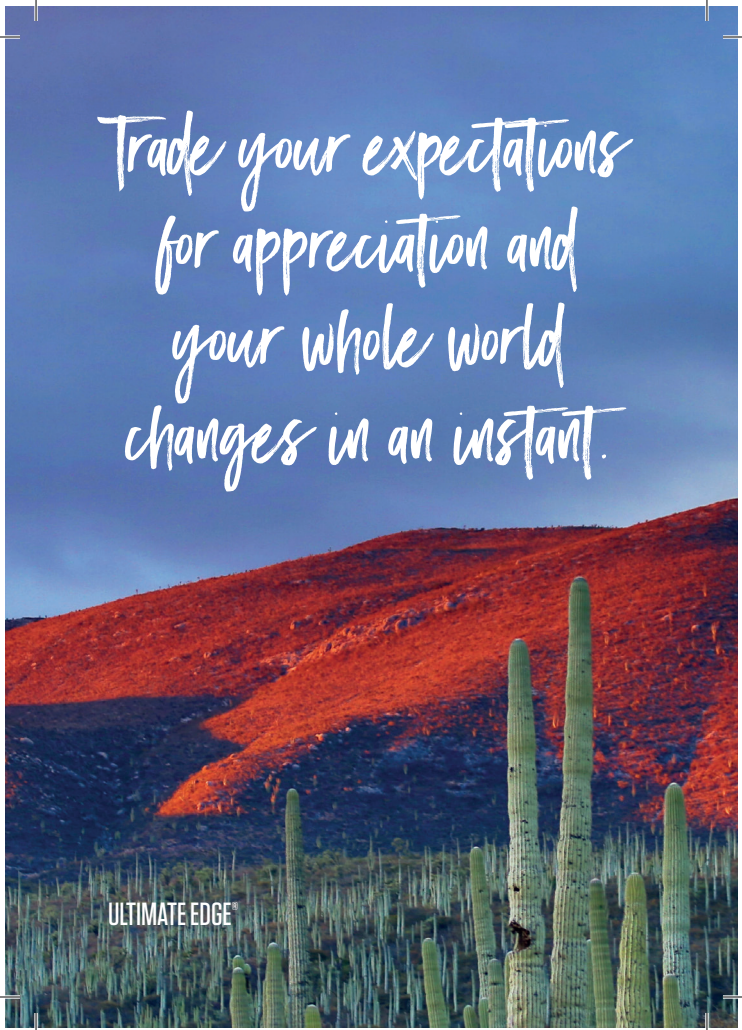
YOUR IDEAL PARTNER

The first step in attracting your ideal partner is defining what you want.

1. Define and focus on your ideal mate's traits, habits, qualities, appearance – everything you think of that's important to you. *What do you want to attract and/or reinforce in your current partner?*

2. If you struggle to come up with your "wish list," start by defining what you *don't* want. *What qualities do you absolutely want to avoid?*

3. Most important, what kind of person do you need to be to attract your ideal partner? *Who do you need to become?*


Trade your expectations
for appreciation and
your whole world
changes in an instant.
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THE CYCLE OF IMBALANCE

1. Your environment is *disturbed* by something: negative emotions, a polluted environment, a poor diet, etc.

↓

2. Cells become *disorganized* in an attempt to adapt to the new (disturbed) environment.

↓

3. As cells attempt to adapt, the environment is *compromised*.

↓

4. The environment (your body) becomes *polluted*.

↓

5. The body develops *disease* and/or begins to *age*.

THE CYCLE OF BALANCE

1. Cleanse and detoxify your system – ideally for 7-10 days.

↓

2. Interrupt negative or destructive patterns and habits that don't serve you.

↓

3. Provide your body with the core nutrients and positive emotions it really needs.

THE HIGHER YOUR ENERGY LEVEL, THE MORE EFFICIENT YOUR BODY. THE MORE EFFICIENT YOUR BODY, THE BETTER YOU FEEL AND THE MORE YOU WILL USE YOUR TALENT TO PRODUCE OUTSTANDING RESULTS.

POWER EMOTIONS: 10 ACTION SIGNALS

Feelings of:

1. Discomfort
2. Fear
3. "Hurt"
4. Anger
5. Frustration
6. Disappointment
7. Guilt
8. Inadequacy
9. Overwhelm
10. Loneliness

POWER EMOTIONS: 10 SEEDS OF GREATNESS

Feelings of:

1. Love and Warmth
2. Appreciation and Gratitude
3. Curiosity
4. Excitement and Passion
5. Determination
6. Flexibility
7. Confidence
8. Cheerfulness
9. Vitality
10. Contribution

6 STEPS TO MASTER YOUR EMOTIONS

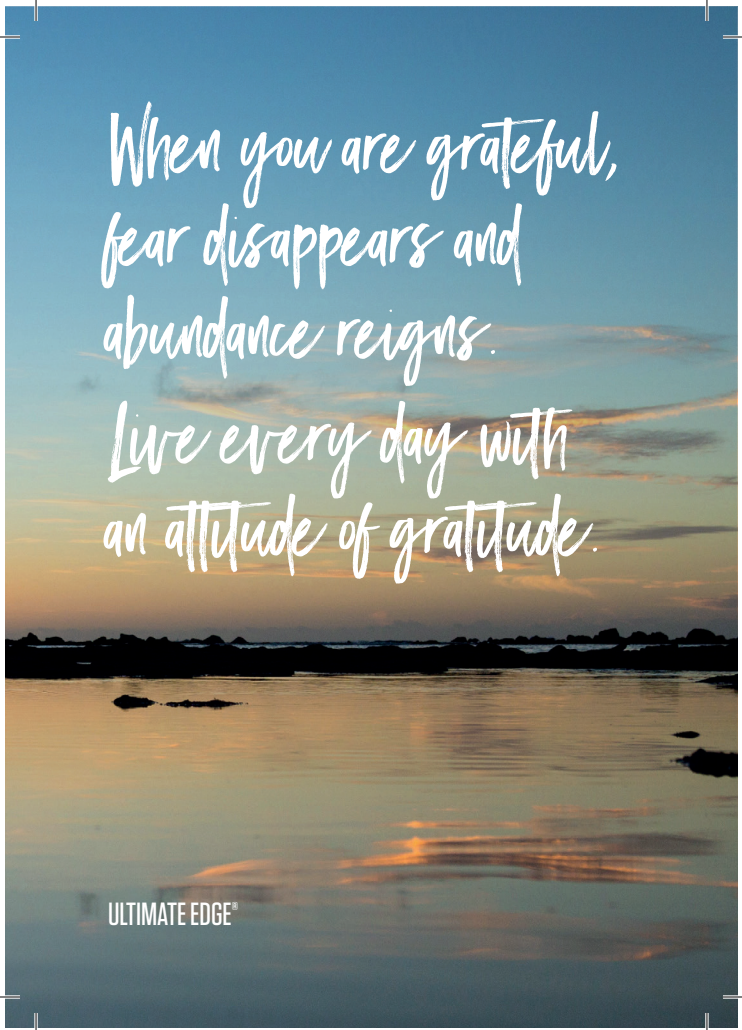
You are always in control of how you feel. Nothing controls you but *you*.

1. **Identify the emotion** and appreciate the message.
2. **Clarify:** *What is this emotion trying to tell me?*
3. **Get curious and ask:** *How do I really want to feel? What would I have to believe to feel that way now?*
4. **Get confident:** Recall a time when you felt this emotion and were able to transform it.
5. **Get certain:** Imagine new ways to handle this emotion, and visualize yourself doing it.
6. **Get excited, and take action!**

KEYS TO FINANCIAL ABUNDANCE

1. **Tap into the Power of Compounding.**
   In an 18-hole golf game, if you bet just 10 cents on the first hole and double your bet every hole thereafter, the last hole will be worth $13,107.20. *No matter how little you start with, you must start investing now!*

2. **Focus on Asset Allocation:**
   Decide what percent of your income to invest in each of the three buckets:


When you are grateful,
fear disappears and
abundance reigns.
Live every day with
an attitude of gratitude.
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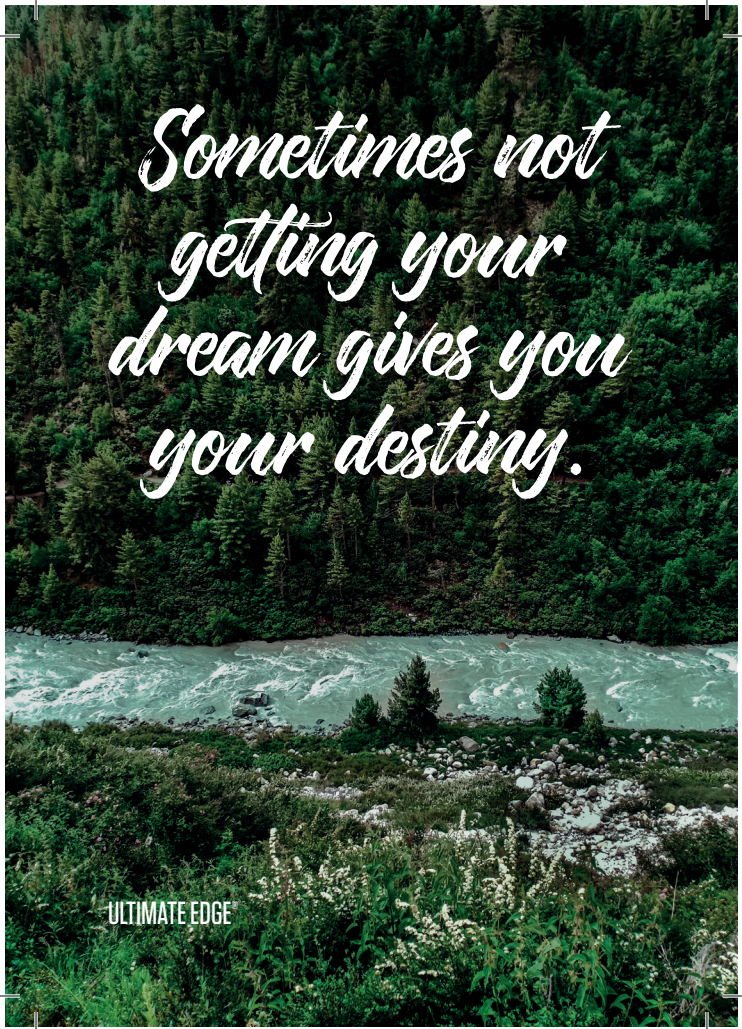
7 REASONS PEOPLE DON'T WIN THE GAME OF LIFE

1. They don't know the purpose of the game.
2. Even though they don't know the purpose, they have rules for themselves and everyone else about how the game must be played.
3. Their rules are in conflict.
4. Even when they play by the rules, they don't always win.
5. Sometimes they get rewarded for breaking the rules.
6. They have to work with other people who have all the wrong rules.
7. They think it's a life-and-death game, putting so much fear and pressure on themselves, they never truly live.


Sometimes not getting your dream gives you your destiny.
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3 FORCES THAT CONTROL YOUR DESTINY

1. **Your Driving Force: 6 Human Needs**
   Although everyone has the same needs, not everyone values them equally. *What needs are you making most important right now?*

2. **Your Guiding Force: The Map of Meaning & Action**
   Your beliefs and rules control what you think you need in order to get what you want. *Is your current map taking you in the right direction?*

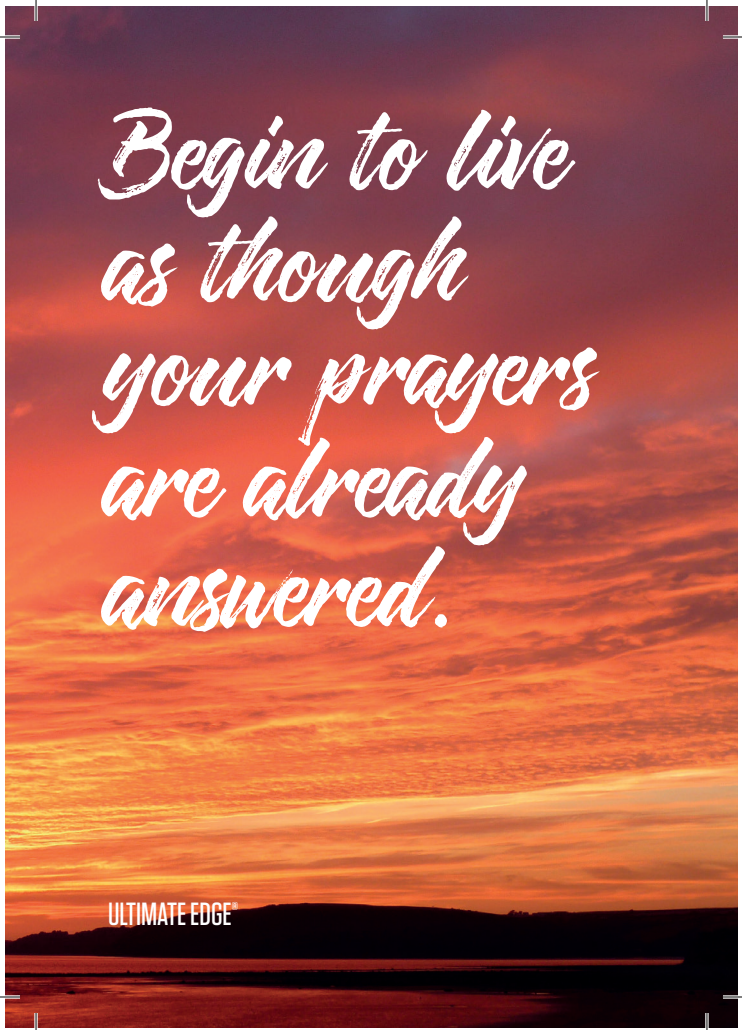
3. **Your Fuel of Choice: Habitual Emotions**
   What are your current habits of emotion? Do these emotions serve you?

3 Ps OF SUFFERING

Suffering is when your Life Conditions don't equal your Blueprint of how you think things should be, and you feel like you have no control to change it.

1. You think the problem is *permanent*.
2. You think the problem is *pervasive*.
3. You think the problem is *personal*.

WE CAN'T CONTROL EVENTS, BUT WE CAN CONTROL THE *MEANING* WE GIVE TO THESE EVENTS.


Begin to live
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